



Bloomsbury Osteopathy

Low Back Exercises

Low Back Strengthening and Stretching Exercise LSPM09

Function:

To increase flexibility and stability of the lower back by flexing and extending your spine. Also increases flexibility to the thoracic and cervical spine.

Method:

Starting Position:

Position yourself on all fours with palms flat against the floor beneath the shoulders, and with thighs vertical beneath the hips. Ensure that the lumbar spine is flat, not arched upwards or downwards.

All exercises are available from
www.Bloomsbury-Osteopathy.co.uk

Action:

Take a deep breath and contract the abdominal muscles and hold the breath. Now lower back upwards, like a cat or bridge, by contracting the back muscles. In the arched position, stop and hold the pose for 5-10 seconds. Return to starting position and exhale.

Notes:

This may feel like an alien movement to begin with, try using simultaneous straightening of the elbows and protraction of the shoulder blades to aid with the arching of the lower back. If you have a spinal problem and for more advice consult your osteopath before doing this exercise.

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STRETCHING OF THE:
MUSCLES, JOINTS AND LIGAMENTS OF THE LUMBAR AND THORACIC SPINE
MAKING THE UPPER AND LOWER BACK MORE MOBILE
(ALSO OF STRENGTHENING THE ABDOMINAL MUSCLES)
(LSPM09)

